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## FOR THE LUNCHEON

THE GEM

DOUBLE COVERED

Kleinerts

FEATHER WEX

WASHABLE

ODORLESS NO RUBBER.

CREAM OR POTATO SOUP MAKES EXCELLENT DISH.

Left-Overs of Many Kinda May Be Used in Preparing Them-Expert's Recipe for Boston Brown Bread.

Cream soups of left-over beans, peas, onions or several things make appetizing luncheon dishes. A hot, well-seasoned potato soup is very good with toasted crackers and a pinch of dried a quart of milk, six large potatoes, one stalk of celery, an onion, a tablespoonful of butter. Put milk to boil with onion and celery; pare the potatoes and boil them until they are thoroughly done; turn off the water and mash fine; add milk and butter, pepper and salt; rub through a strainer and serve immediately. No cream soup should other crackers in and around it. stand or be allowed to get cold.

The Designer publishes a recipe for Boston brown bread: Sift together one whole cupful each of cornmeal, rys meal and wheat flour, one teaspoonful of salt and three teaspoonfuls of soda; add one-half cupful of molasses and two cupfuls of thick sour milk. Beat thoroughly and let it steam in a nicely buttered mold or tightly covered pail for fully three hours. If baking powder cans are used for molds, one and one-half hours' cooking will be sufficient. Entire wheat or graham flour can be used in place of the white flour if desired. After steaming the bread it is well to remove the cover of the mold and set the bread in the oven for 20 or 30 minutes to ripen.

Sweet potato time gives many dishes to the table that make the mouth wa- and fold in the whites of the eggs ter-carameled sweet potatoes, dusted with heavy brown sugar and fried; creamed sweet potatoes, sweet potato maple sirup. croquettes and baked and boiled sweet potatoes. The following does away with the hard skin that forms on in a quick oven and, when done, put utes before serving them.

all cream candy is made by taking one not have oven too hot or they will pound of white granulated sugar, half burn. Better watch them closely. a teacupful of water and one fourth of a teaspoonful of cream of tartar; this prevents the sugar from granulating again when the water evaporates. Boll of milk, two eggs, one large cup of these together until they begin to sugar, one lemon. Boil the milk, stir thread. Pour it out at once on a but- in rice, the yolks of the eggs and tered platter and with a wooden pad- sugar, and cook thick as soft custard. dle beat it until it becomes white and Take from fire, grate in rind of smooth. When it becomes stiff and dry lemon, pour in buttered dish, beat mold it in one lump and cut it in three whites of eggs, add lemon juice and

Kind of mavoring desired in the uner ent parts for variety.

with chocolate or put halves of walnut or pecans on the outside. Dates and pieces of figs are used outside or in; grated cocoanuts may be used in with some of the fondant. All cream candies must dry 24 hours. One drop of cochineal will give a delicate pink to one part of the flavoring. Yellow comes from orange peel and green from spinach leaves. Put into dainty boxes and you will have delicious bonbons and cost but little time or money.

Serving Crackers

The hostess who is ever on the look. out for novelties for her afternoon tea parsley to set it off. To make it take table should be sure to serve her crackers in little baskets made of themselves.

Use salted wafers for the basket. allowing one to a side, and tying them about a quarter of an inch in width. Put this on a handsome plate covered with a lace doily and pile the

The effect is charming and will be

much admired.

One hostess used these cracker baskets as corner pieces on her luncheon table. In the center were purple asters, while the crackers were tied with purple ribbon the same shade and were filled with purple and white grapes.

Sour Milk Waffles.

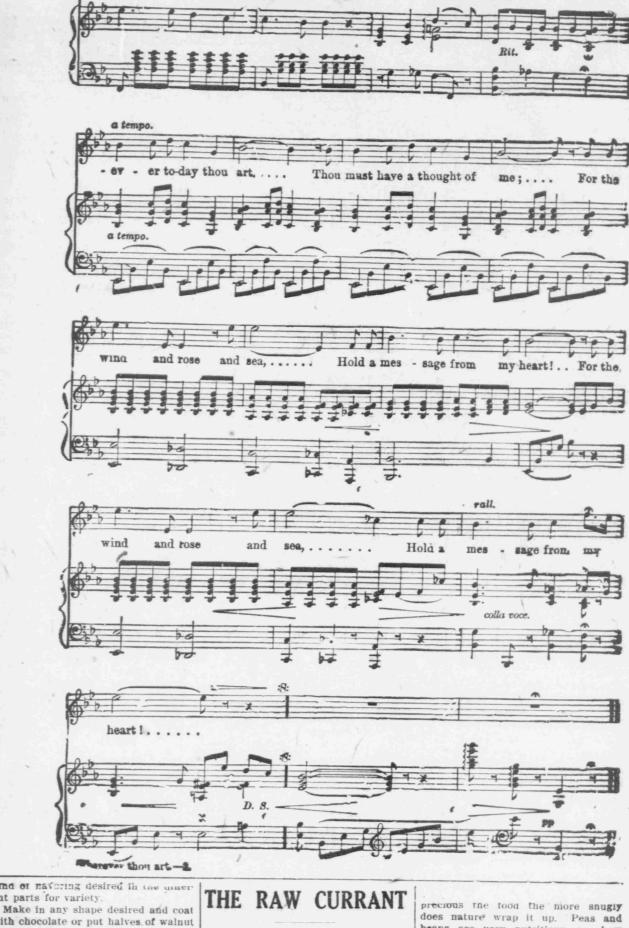
level teaspoonful salt, one teaspoonful soda, two cups thick sour milk, three eggs and three tablespoons melted butter.

Sift together the flour, salt and soda. Beat the yolks of the eggs until light, add the sour milk, and add (beaten stiff). Cook in a well-greased hot waffle iron. Serve plain or with

## Salted Almonds.

Pour boiling water over one pound sweet potatoes baked: Wash and wipe of nuts, let stand until cool; take out them dry, and then grease them lib- a few at a time, as they blanch more erally with butter or lard. Bake them easily when damp. Lay on a paper over night to dry. In the morning put them in a deep bowl, or crock, spread in the oven. When located take out, a cloth over them and let them re- put in a piece of butter the size of an main undisturbed for about ten min- English walnut. Stir thoroughly, salt to taste. Put back in oven, stir re-Cream Candy Bonbons-The basis of peatedly until a delicate brown. Do

One cup boiled rice, one large pint parts. Add one teaspoonful of any little sugar. Pour over pudding and brown. This is delicious.



- es sigis,

ou! my love,

that mes - sage,

Down each ver - nal aisle!....

Give kind heed, I

PRAISED BY WRITER AS AN ARTICLE OF DIET.

May Be Given in Quantities to Children with Only the Most Beneficial Results, on Scientific Authority.

Until the last year or two mothers have felt it a sort of solemn duty to keep a very tight hand over the currant-bag, declares a writer in London

"If you have them now you cannot have them in the cake," we say to the bairns, and, when once more reminded that the currants would be more fully appreciated now than they could together with a narrow satin ribbon possibly be at tea-time, we give the sober answer: "They aren't good for open sunshine and fresh air. you, dear, and you mustn't ask again." Now that is just where we mothers go wrong.

Raw currants are good for our children-immensely better than the raw, unripe gooseberries and the sour green apples which we know they eat from the garden, better, also, than any other under-ripe or over-ripe fruit

whatsoever. Dried currants, in their uncooked

state, are so exceedingly light and so very nutritious that-provided the skin of the berry is broken before the Two and one-half cups flour, one fruit is swallowed-90 per cent of the total weight of the fruit is digested within half an hour of its being eaten. and mothers may safely take this as a vindication of the wholesomeness of the raw currant.

No grown-up person, no little child. can obtain anything but good from the flour. Add the butter, beat well, this fruit if only the simple precaution be taken to pierce the skin by the natural process of mastication.

Almost it would seem that the more

beans are very nutritious-see how carefully nature packs them; nuts are famous for nutritive value-nature packs them in wooden cases. Currants are, weight for weight, more nutritious than any other fruit known to man and, though the berries are small and insignificant looking, nature has taken care that the fine skin shall be just strong enough to preserve the precious fruit from injury. It is seldom that one sees a bruised or broken current, yet the covering of the berry is so very fine that when once broken it rapidly becomes part and

with the soluble matter of the currant, It has been proved by our scientists that none of the nutriment of the currant-grape escapes from the the fruit during the simple process of drying, which is carried out in the

Currants lose only water in this drying, and the effect of the sunshine upon the gathered fruit is simply to change the fleshy portion of the currant into what is known as grape

Grape sugar is the most highly nutritive of all foods, and it is because currants are so remarkably rich in it that Sir Francis Laking, our own king's doctor, recommends them so heartily to people of all ages and all classes of society.

Sir Francis is of the opinion that when once the people of this country have become fully aware of the food values of this wonderful fruit. Greece will have no time to look further for purchasers for all the currants she is able to produce.

With testimony such as this to reassure us, we mothers may cast every doubt to the winds and gladly provide our children with a full sufficiency of the fruit that is at once so wholesome and so inexpensive.





WEINGARTEN BROS., MAKERS, 377-379 BROADWAY, N. Y.